

Full Report (All Nutrients) 11422, Pumpkin, raw

Report Date:September 29, 2013 22:04 EDT

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:30% Refuse Description: Seeds, rind and stem

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1.0 cup (1" cubes) 116g |
|--------------------------------|------|------------------------|----------------|------------|----------------------------|
| Proximates | | | | | |
| Water | g | 91.60 | -- | -- | 106.26 |
| Energy | kcal | 26 | -- | -- | 30 |
| Energy | kJ | 109 | -- | -- | 126 |
| Protein | g | 1.00 | -- | -- | 1.16 |
| Total lipid (fat) | g | 0.10 | -- | -- | 0.12 |
| Ash | g | 0.80 | -- | -- | 0.93 |
| Carbohydrate, by difference | g | 6.50 | -- | -- | 7.54 |
| Fiber, total dietary | g | 0.5 | -- | -- | 0.6 |
| Sugars, total | g | 2.76 | -- | -- | 3.20 |
| Minerals | | | | | |
| Calcium, Ca | mg | 21 | -- | -- | 24 |
| Iron, Fe | mg | 0.80 | -- | -- | 0.93 |
| Magnesium, Mg | mg | 12 | -- | -- | 14 |
| Phosphorus, P | mg | 44 | -- | -- | 51 |
| Potassium, K | mg | 340 | -- | -- | 394 |
| Sodium, Na | mg | 1 | -- | -- | 1 |
| Zinc, Zn | mg | 0.32 | -- | -- | 0.37 |
| Copper, Cu | mg | 0.127 | -- | -- | 0.147 |
| Manganese, Mn | mg | 0.125 | -- | -- | 0.145 |
| Selenium, Se | µg | 0.3 | -- | -- | 0.3 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 9.0 | -- | -- | 10.4 |

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| | | Value Per100 g | | | |
| Thiamin | mg | 0.050 | -- | -- | 0.058 |
| Riboflavin | mg | 0.110 | -- | -- | 0.128 |
| Niacin | mg | 0.600 | -- | -- | 0.696 |
| Pantothenic acid | mg | 0.298 | -- | -- | 0.346 |
| Vitamin B-6 | mg | 0.061 | -- | -- | 0.071 |
| Folate, total | µg | 16 | -- | -- | 19 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 16 | -- | -- | 19 |
| Folate, DFE | µg | 16 | -- | -- | 19 |
| Choline, total | mg | 8.2 | -- | -- | 9.5 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 426 | -- | -- | 494 |
| Retinol | µg | 0 | -- | -- | 0 |
| Carotene, beta | µg | 3100 | -- | -- | 3596 |
| Carotene, alpha | µg | 4016 | -- | -- | 4659 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 8513 | -- | -- | 9875 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 1500 | -- | -- | 1740 |
| Vitamin E (alpha-tocopherol) | mg | 1.06 | -- | -- | 1.23 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) | µg | 1.1 | -- | -- | 1.3 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.052 | -- | -- | 0.060 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 |
| 12:0 | g | 0.001 | -- | -- | 0.001 |
| 14:0 | g | 0.006 | -- | -- | 0.007 |
| 16:0 | g | 0.037 | -- | -- | 0.043 |

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|------------------------------------|------|------------------------|----------------|------------|----------------------------|
| 18:0 | g | 0.003 | -- | -- | 0.003 |
| Fatty acids, total monounsaturated | g | 0.013 | -- | -- | 0.015 |
| 16:1 undifferentiated | g | 0.006 | -- | -- | 0.007 |
| 18:1 undifferentiated | g | 0.006 | -- | -- | 0.007 |
| 20:1 | g | 0.000 | -- | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.005 | -- | -- | 0.006 |
| 18:2 undifferentiated | g | 0.002 | -- | -- | 0.002 |
| 18:3 undifferentiated | g | 0.003 | -- | -- | 0.003 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Phytosterols | mg | 12 | -- | -- | 14 |
| Amino Acids | | | | | |
| Tryptophan | g | 0.012 | 4 | -- | 0.014 |
| Threonine | g | 0.029 | 3 | -- | 0.034 |
| Isoleucine | g | 0.031 | 3 | -- | 0.036 |
| Leucine | g | 0.046 | 3 | -- | 0.053 |
| Lysine | g | 0.054 | 4 | -- | 0.063 |
| Methionine | g | 0.011 | 10 | -- | 0.013 |
| Cystine | g | 0.003 | 8 | -- | 0.003 |
| Phenylalanine | g | 0.032 | 3 | -- | 0.037 |
| Tyrosine | g | 0.042 | 1 | -- | 0.049 |
| Valine | g | 0.035 | 3 | -- | 0.041 |
| Arginine | g | 0.054 | 2 | -- | 0.063 |
| Histidine | g | 0.016 | 2 | -- | 0.019 |
| Alanine | g | 0.028 | 1 | -- | 0.032 |
| Aspartic acid | g | 0.102 | 1 | -- | 0.118 |
| Glutamic acid | g | 0.184 | 1 | -- | 0.213 |
| Glycine | g | 0.027 | 1 | -- | 0.031 |
| Proline | g | 0.026 | 1 | -- | 0.030 |

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|--------------------------------|------|-------------------|-------------|------------|----------------------------|--|
| | | Value Per100 g | | | | |
| Serine | g | 0.044 | 1 | -- | 0.051 | |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | |
| Caffeine | mg | 0 | -- | -- | 0 | |
| Theobromine | mg | 0 | -- | -- | 0 | |
| Flavonoids | | | | | | |
| Flavones | | | | | | |
| Apigenin ² | mg | 0.0 | 1 | -- | 0.0 | |
| Luteolin ² | mg | 1.6 | 1 | -- | 1.9 | |
| Flavonols | | | | | | |
| Isorhamnetin ³ | mg | 0.0 | 1 | -- | 0.0 | |
| Kaempferol ^{2,3} | mg | 0.0 | 2 | -- | 0.0 | |
| Myricetin ^{2,3} | mg | 0.0 | 2 | -- | 0.0 | |
| Quercetin ^{2,3} | mg | 0.0 | 2 | -- | 0.0 | |
| Isoflavones | | | | | | |
| Daidzein ¹ | mg | 0.0 | 1 | -- | 0.0 | |
| Genistein ¹ | mg | 0.0 | 1 | -- | 0.0 | |
| Total isoflavones ¹ | mg | 0.0 | 1 | -- | 0.0 | |

Sources of Data

¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

²Lugasi, A. and Hovari, J. **Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits.**, 2002 Acta Alimentaria 31 1 pp.63-71

³Lako, J., Trenerry, V. C., Wahlgqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. **Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods.**, 2007 Food Chemistry 101 pp.1727-1741

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1456 PUMPKIN
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION